

Brag About it Bread Bake

Makes: 6 servings

You'll want to tell everyone about this bread bake that features broccoli, c

Ingredients

- 6 slices** bread (cubed, approximately 6 cups)
- 1 1/2 cups** broccoli (frozen, chopped and cooked)
- 1 cup** cheddar cheese, low-fat shredded
- 1 tablespoon** onion (minced, optional*)
- 1 cup** chicken, skinless (diced, cooked)
- 3** egg
- 4** egg whites
- 2 cups** milk, non-fat

Directions

1. Place half the bread in a well greased 9x9 inch pan.
2. Top with broccoli, cheese, onion and meat.
3. Place remaining bread on top.
4. In a bowl, mix eggs and milk.
5. Pour egg mixture over bread in pan.
6. Cover. Refrigerate overnight or at least 1 hour.
7. Bake uncovered at 325 degrees for 1 to 1 1/4 hours, or until center is firm and lightly browned.

Nutrition Information

Nutrients	Amount
Calories	250
Total Fat	6 g
Saturated Fat	2 g
Cholesterol	120 mg
Sodium	430 mg
Total Carbohydrate	24 g
Dietary Fiber	2 g
Total Sugars	7 g
Added Sugars included	N/A
Protein	25 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

*used in analysis

Notes

Learn more about:

- [Onions](#)
- [Broccoli](#)

Source: University of Wisconsin, Cooperative Extension Service, "Bread" Fact SheetA Family Living Program